SASKATOON metro®

NEWS WORTH SHARING.

Much ado about mulch

One customer at the city's first compost sale deems the service a 'win-win' PAGE 3

Motor City meltdown

Detroit faces a long road to recovery after filing for bankruptcy last week PAGE 5

TEE PARTY

U.S. GOLFER PHIL MICKELSON MAKES A DAZZLING SURGE FROM BEHIND TO WIN HIS FIRST BRITISH OPEN PAGE 14

SUMMER MAINTENANCE PACKAGE

✓ Rotate Tires
✓ Weatherstrip Lubrication
✓ Complete Inspection of 54 Points Including:

✓ Restraint System
✓ Throttle System
✓ Automatic/Manual Transmission/Transaxle
✓ Engine Air Cleaner Filter
✓ Wiper Blades
✓ Brakes & Tires
✓ Engine Cooling System
✓ Steering & Suspension
✓ Battery & Charging System

$49.95 + taxes
Regular $59.95 + taxes

Plus for an additional $29.95 + taxes
Regular $49.95 + taxes

✓ Receive a Lube, Oil and Filter (including up to 5L of GM premium Motor Oil)
✓ Top Up Fluids included at no charge

WHEATON GMC•BUICK•CADILLAC

306.244.8131 | 2102 MILLAR AVENUE
WWW.WHEATONSASKATOON.COM

Roughriders offensive lineman Dan Clark, left, congratulates slotback Weston Dressler on a touchdown during the second half of Saskatchewan's 37-0 blowout win over the Hamilton Tiger-Cats at Mosaic Stadium on Sunday. LIAM RICHARDS/THE CANADIAN PRESS

Riders roll over Ticats for 4th straight win

Geroy Simon debuts in green and white. Defence dominant as Kent Austin's return to Saskatchewan ends with 37-0 rout of Hamilton

The Roughriders' defence forced three first-half turnovers and Rob Bagg caught two touchdowns as Saskatchewan spoiled Kent Austin's return to Regina with a 37-0 win over the Hamilton Tiger-Cats on Sunday.

Saskatchewan (4-0) remained the only unbeaten team in the CFL while Hamilton (1-3) dropped into a three-way tie for last in the East Division.

The game was Hamilton head coach Austin's first in Saskatchewan since coaching the Riders to the 2007 Grey Cup.

With a north wind gusting to more than 50 km/h throughout the game, Saskatchewan's defence — ranked No. 7 in total yards allowed before the game — came up with a steady stream of big plays early before Riders quarterback Darian Durant found his groove.

The returning Eddie Russ forced the ball from the hands of Ticats receiver Greg Ellingson to give Saskatchewan the ball near midfield, and made a shoestring tackle on Samuel Giguere on Hamilton's next possession to force a third-and-one attempt that came up short.

Chris Milo got Saskatchewan on the board with his first of three field goals to start the second quarter.

Saskatchewan took a 16-0 lead into halftime after a 28-yard touchdown pass from Durant to Bagg and two more field goals from Milo.

Geroy Simon made his Roughriders debut and kept his streak of consecutive games with a reception alive on a six-yard catch in the first quarter. He added a 32-yard grab in the third to set up an eight-yard TD catch by offensive lineman Dan Clark, and now has catches in 174 straight games.

The Riders padded their lead in the fourth quarter with a 60-yard TD reception by Bagg and a 28-yard touchdown grab by Weston Dressler.

Durant completed 20 of 32 passes for 347 yards with no interceptions. Ticats QB Henry Burris went 16-for-27 for 158 yards before giving way to Dan LeFevour with five minutes to play. LeFevour finished 3-for-4 with 21 yards.

THE CANADIAN PRESS

Creative Media Specialist in 10 months.

Develop your creative computer artistic skills with teacher-led instruction in all of the following as well as many Microsoft applications:

GRADUATE WITH A SASKATOON BUSINESS COLLEGE DIPLOMA AND ADOBE CERTIFICATES IN PHOTOSHOP AND DREAMWEAVER!

— Introduction to Graphic Design
— Flash plus an introduction to animation
— Illustrator
— Publisher
— PhotoShop

START September 3rd!

SBC Saskatoon Business College Est. 1982

www.sbccollege.ca | 221 3rd Ave. N | 306-244-6333 | 1-800-679-7711

Children's Wish Home Lottery

What's YOUR $1 Million WISH?

YOUR WISH

Custom-built home anywhere in Saskatchewan...

THEIR WISH

SHALEAH

Saskatoon, SK • Disneyland

YOUR WISH

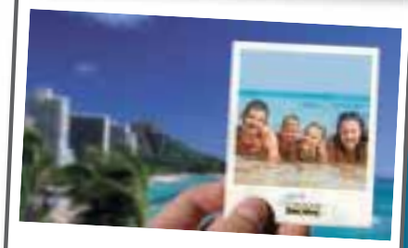
...or take $1,000,000 Dollars CASH!

THEIR WISH

MAXWELL

Regina, SK • Family Vacation

YOUR WISH



Vacation for Life
$75,000 Vacation Property in Maui, Hawaii

THEIR WISH

MAXWELL

Prince Albert, SK • Camping Gear

YOUR WISH

50/50 WISH
Winner receives half of the total pot!

THEIR WISH

ALYNNE
Kronau, SK
Family Vacation

24 years of Wishes in Saskatchewan!

YOUR WISHES make THEIR DREAMS come true!

www.wishhomelottery2013.ca • 1-800-661-WISH (9474)

LOTTERY LICENSEE: THE CHILDREN'S WISH FOUNDATION OF CANADA LR13-0017, LR13-0018, LR13-0019, RR13-0157

City's first-ever compost sale moves over 200 bags

Much ado about mulch.
Thirty-seven customers came out for compost on Saturday and Sunday

The City of Saskatoon saw a total of 37 customers during its compost sale this past weekend, and some residents say they'll be back for more mulch.

According to numbers collected at the Highway 7 compost depot, the city sold 214 bags of compost and mulch during its first-ever compost sale.

Brenda Wallace, environmental services manager with the city, said composting will help keep unwanted organic waste out of the landfill. She noted that in 2012, 19,500 tonnes of material were brought to the depot — with 65 per cent coming from residents.

"The sale of compost supports our city's long-term strategy to eliminate the need for a new landfill and to increase revenue sources," Wallace said in a release.

"If the residential-use compost sale is effective, it could become a permanent program in 2014 and the sales could be expanded to include commercial compost users in the future."

Clara Fabbro, who purchased two bags of wood-chippings from the city while dropping off organic waste, said she's pleased the city is offering the service.

"It's a win-win situation," said Fabbro. "It creates jobs (and) it creates awareness."

Margaret Crawford, who was buying compost, said she plans on taking advantage of the sales throughout the summer. "This gives residents who don't have the facilities to compost themselves an opportunity to get better gardens and take better care of their property," said Crawford.

"I intend to be back in August and back in September."

The city will hold two more compost and mulch sales this summer, running Aug. 17 to 18 and Sept. 7 to 8.

MORGAN MODJESKI/METRO

Quoted

"It's a win-win situation. It creates jobs (and) it creates awareness."
Customer Clara Fabbro

City employee Roland Rusnell shovels wood chips in preparation for sale at the City of Saskatoon's compost depot off Highway 7 on Sunday. MORGAN MODJESKI/METRO

Brits by the Bus celebrates love for British cars

Terry Yuzik, vice-president of the Saskatchewan British Car Club, stands in front of a 1964 MGB that he co-owns with his wife Susan.
MORGAN MODJESKI/METRO

British car enthusiasts across the province gathered in Saskatoon on Sunday for the 15th annual Brits by the Bus "show and shine," held by the Saskatchewan British Car Club.

About 50 classic and modern British automobiles were on display on 21st Street East downtown near the Delta Bessborough.

Terry Yuzik, the club's vice-president, said although the event has changed significantly since its beginnings, the purpose of the group remains the same.

"We like keeping these cars on the road, and we want to keep them from going to the crusher," Yuzik said, noting that the club acts as a support network for members looking for parts, advice or assistance on rebuilding.

One doesn't have to be of British descent to join the club, and its approximately 110 members come from all walks of life.

"All we have is a shared love for these cars," said Yuzik.

One automobile enthusiast, Murray Ashton, came for a glimpse of the British beauties.

As someone who owned a Triumph as a young man, he said he was excited to see a variety of British makes.

"I think it's great," Ashton said. "You don't see these cars very often."

Ed Aldred, a club member showing off his 1977 Triumph TR7 Victory edition, said the event provides a great way to inform the public about the contributions of British automobile makers.

"Some of the most interesting things have happened with the British cars," Aldred said. "They had innovations for safety, for design and for fuel efficiency ... so it's educational."

MORGAN MODJESKI/METRO

'Orange' zones

City advises public of traffic changes in upcoming week

As work nears completion on the Circle Drive South project, the city is advising the public about roadway openings and closings in the upcoming week.

The Idylwyld Drive northbound lanes opened on Friday, allowing northbound traffic to proceed under the new Idylwyld overpass instead of around it.

On Monday, the new northbound off-ramp will be closed until July 30. On the same day, the Circle Drive westbound centre lane under Clarence Avenue will be closed for installation of a guardrail.

Clancy Drive will also see a number of openings, as its merge lane will open on July 26. On July 31, an off-ramp south of Circle Drive southbound to 11th Street West will open.

The city is reminding drivers to allow extra time when travelling through the "orange" zones, and to watch for pedestrians and work crews.

METRO

Empress of Ireland

Exhibit on one of Canada's most tragic shipwrecks

Residents of Saskatoon have two more days to learn about one of Canada's most tragic shipwrecks, as the Western Development Museum is hosting a display about the Empress of Ireland until July 23.

Part of preparation for the 100th anniversary of the ship's sinking in 2014, the display has pictures of the ship's impressive interior alongside a reconstitution of the disaster and rarely seen video of the underwater wreckage. The 174-metre vessel sank on May 29, 1914, taking the lives of 1,012 of its 1,477 passengers, near Rimouski, Que. METRO

Cleveland police ID suspect in murders of three women

Serial killings.
No more bodies found after day-long search of houses sparked by suspect's comments

Authorities who responded to a report of a foul odour and found the bodies of three women in a low-income U.S. neighbourhood ended a day-long search without finding others. A registered sex offender was in custody.

East Cleveland Police Chief Ralph Spotts had warned searchers to be prepared to find one or two more victims Sunday, but he declined to elaborate.

The discovery was the Cleveland area's latest high-profile case of missing women. Earlier this year, three women in an unrelated case were found and freed after being held captive in a home for years.

Spotts identified the suspect as 35-year-old Michael Madison and said he was expected to be formally charged Monday.

Mayor Gary Norton said the suspect indicated he might have been influenced by Cleveland serial killer Anthony Sowell, who was convicted in 2011 of murdering 11 women and sentenced to death.

In this latest case, one body was found Friday in a garage. Two others were found Saturday — one in a backyard and the other in the basement of a vacant house. The three female bodies, all wrapped in plastic bags, were found about 200 metres apart, and authorities believed the victims were killed in the last six to 10 days.

Spotts said the suspect's comments hadn't provided clarity on whether more bodies might be found.

"He really hasn't stated that there's any more, but he hasn't said anything that would make us think that there's not," Spotts said.

THE ASSOCIATED PRESS

Copycat killer?

"He said some things that led us to believe that in some way ... Sowell might be an influence."

East Cleveland Mayor Gary Norton, on the murder suspect's possible connection to convicted Cleveland serial killer Anthony Sowell.

East Cleveland residents gather outside an abandoned house to help search for more bodies on Sunday. Police Chief Ralph Spotts told volunteers he believes there could be one or two more victims. TONY DEJAK/THE ASSOCIATED PRESS

Vanishing women

A disturbing trend in a quiet city

It's the third recent high-profile case in the Cleveland area that involves missing women.

In May, three women who separately vanished a decade ago were found captive in a run-down house. Ariel Castro, a former school-bus driver, has pleaded not guilty to nearly 1,000 counts of kidnap, rape and other crimes.

In 2009, Anthony Sowell was arrested after a woman escaped from his house and said she had been raped there. Police found the mostly nude bodies of 11 women throughout the home.

Sowell's victims ranged in age from 24 to 52. All were recovering or current drug addicts, and most died of strangulation; some had been decapitated, and others were so badly decomposed that coroners couldn't say with certainty how they died.

NORTH AMERICAN
INDIGENOUS GAMES 2014
REGINA · SASKATCHEWAN
2014 JEUX AUTOCHTONES
DE L'AMÉRIQUE DU NORD
REGINA · SASKATCHEWAN
RAISING THE BAR MONTONS LA BARRE
15 SPORTS/ATHLETES 13-19 YRS OLD / 15 ÉPREUVES SPORTIVES/ATHLÈTES ÂGÉS ENTRE 13 ET 19 ANS
July 20-27, 2014
Showcasing unity, sport, culture, youth, volunteerism and cooperation between First Nations, Métis and Non-Indigenous communities!
Mise en valeur de l'unité, du sport, de la culture, du bénévolat des jeunes et de la coopération des Communautés des Premières Nations avec les Métis et Non-Autochtones!
FOR MORE INFO/POUR PLUS D'INFORMATIONS, SVP CONTACTEZ:
Regina Sub-Office
201-4400 4th Ave. Regina, SK S4T 0H8
Toll Free/Numéro gratuit:1-855-352-NAIG(6244)
Bus:(306)352-NAIG(6244) Fax:(306)352-6258
Watch for Upcoming Events and Announcements on our Website!...
www.regina2014naig.com
Canada
Government of Saskatchewan
REGINA

An employee works at the General Motors Silverado and GMC Sierra plant in Flint, Mich. CARLOS OSORIO/THE ASSOCIATED PRESS

The rise and fall of the Motor City

Detroit. Collapse of the auto industry tells only half the story

Blue-collar workers poured into the auto plants of Detroit for generations, confident that a strong work ethic would bring them economic security. It was a place where the American dream came true. But the good times would not last forever.

Detroit fell into a six-decade spiral of job losses, shrinking population and a plummeting tax base. Its singular reliance on an auto industry and its long history of racial strife proved too much to overcome.

"Detroit is an extreme case of problems that have afflicted every major old industrial city in the U.S.," said Thomas Sugrue, author of The Origins of the Urban Crisis: Race and Inequality in Postwar Detroit and a history professor at the University of Pennsylvania.

Staggering under as much as $20 billion in unpaid bills, Detroit surrendered Thursday, filing the single largest municipal bankruptcy in U.S. history.

In 1950, Detroit's population peaked at more than 1.8 million. But by that time, the auto industry had started to seek refuge from Detroit's powerful unions in other states and overseas. The job hemorrhaging continued as Japan gobbled up more of the market.

But Detroit's unravelling can't be blamed solely on the city's reliance on one industry.

"I think it was inevitable because the politicians in Detroit were always knocking the can forward, not confronting the issues, buying off public employees by increasing their pensions," said Daniel Okrent, who wrote a Time magazine story on his home city in 2009.

Racial strife also infected the city. Tens of thousands of blacks migrated to Detroit in the late 1940s and early 1950s, seeking a foothold in the middle class. And between 1945 and 1965, Sugrue says there were more than 200 racial incidents of whites attacking blacks.

The migration of blacks into Detroit was followed by an exodus of white residents.

"The racial divisions between the city and the suburbs ... (created) an us-vs.-them mentality," Sugrue said. "There's very little political will ... by suburbanites ... to provide financial support." THE ASSOCIATED PRESS

Forever lost

"I don't think it'll ever come back to the city it once was. The bankruptcy is not in itself a solution."

Kevin Boyle, a Detroit native and history professor at Northwestern University

After the white exodus

83%

Detroit's current population of roughly 700,000 is about 83 per cent black.

Belgium

King crowned in a nation divided

Belgians shouted "Long live the king" Sunday to welcome their new monarch to the throne.

But several legislators from northern Flanders boycotted King Philippe I's coronation, highlighting long-standing feuding between the nation's six million Dutch-speaking Flemings and its 4.5 million francophones.

THE ASSOCIATED PRESS

Economic action plan

Three out of 2,000 followed ads to website: Survey

Slick TV ads this year for the Harper government's "economic action plan" appear to be inspiring a lot of, well, inaction.

A survey of 2,003 adult Canadians completed in April identified just three people who actually visited actionplan.gc.ca, the site created to promote the brand.

THE CANADIAN PRESS

Cabinet shuffle

Aglukkaq to add eco credibility?

The Prime Minister's Office is eager to explain why Leona Aglukkaq, an Inuk from Nunavut, is now leading Environment Canada,

"The appointment of a minister ... from the North, a region susceptible to climate change, speaks volumes about our government's commitment to the environment," spokeswoman Julie Vaux wrote to The Globe and Mail.

THE CANADIAN PRESS

Give your paycheque a paycheque.

Get a $100 Bonus* when you open a THRiVE Chequing™ Account and switch your payroll.

ingdirect.ca

ING DIRECT forward banking™

ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license. ™ THRiVE Chequing and forward banking are trademarks of ING Bank of Canada. * Payroll must be deposited into a THRiVE Chequing Account between June 1, 2013 and September 30, 2013. Limit of one (1) bonus per Account, per Client. Offer available to new ING DIRECT Clients only. Chequing Account rates are annualized and are current as of today's date and are subject to change without notice. Interest is calculated daily and paid monthly in the case of our Chequing Accounts.

Charge it! 'Premium' cards could cost you

Current rules allow Visa and MasterCard to charge ever-increasing interchange fees to merchants who accept their cards without allowing them the choice of rejecting those cards that carry higher fees, says the Retail Council of Canada.
RYAN REMIORZ/THE CANADIAN PRESS FILE

Credit. Decision in Visa, MasterCard complaint may mean those with certain cards could pay more or even be rejected by merchants

A ruling expected this week on a complaint against Visa and MasterCard could significantly change how consumers use credit cards in Canada.

The federal Competition Tribunal is set to issue a decision Tuesday on whether rules imposed on merchants by the credit card giants are too restrictive.

Striking down the rules could allow merchants to either reject certain cards that offer incentive points, or charge consumers more for using them.

Under the current rules, merchants are required to accept all Visa and MasterCard offerings, but are prevented from charging an additional fee to those who pay with so-called premium cards, which come with higher costs.

Canada's Commissioner of Competition filed a formal complaint with the tribunal in May 2012, accusing Visa and MasterCard of engaging in anti-competitive behaviour.

Consumers have been forced to pay an estimated $5 billion worth of hidden fees each year as a result, the complaint says.

"Without changes to the rules, merchants will continue to face high costs for accepting credit cards, and all consumers, even those who use lower-cost methods of payment like debit or cash, will continue to pay higher prices," commissioner Melanie Aitken said in a statement at the start of hearings.

THE CANADIAN PRESS

Sweet Georgia ... blueberry?

What is the most valuable fruit crop in the Peach State? While Georgia is famous for its peaches, blueberries are the state's most lucrative fruit crop. Blueberries brought in about $94 million for Georgia growers in 2012, compared to $30 million for peaches. JAIME HENRY-WHITE/THE ASSOCIATED PRESS

Loyalty cards. Customer expectations rising

Canadian retailers have spent years weaning shoppers onto the concept of loyalty cards, and what was once considered an added perk is now putting pressure on the companies that run the programs.

Last week, Loblaw's $12.4-billion acquisition of Shoppers Drug Mart shined a spotlight on concerns over the future of the pharmacy retailer's popular Optimum rewards card.

The passionate reaction to the Optimum card showed that rewards programs are working, and can successfully create a brand loyalty that helps buck trends and downturns in the economy. At the same time, customers who once saw rewards as a simple perk now feel they're entitled to reap benefits for their loyalty.

THE CANADIAN PRESS

Halifax. Push by baristas to unionize could spread across Canada, leader says

Young workers uniting

"I've been taking calls from colleagues and co-workers across the country who've been following this trend ... very closely."

Tony Tracy, Atlantic representative for the Canadian Labour Congress

Coffee-shop workers in Halifax are leading a push to unionize in what could serve as a model for baristas elsewhere in Canada, one national union says.

In recent months, employees at one café joined a union and workers at two others have launched efforts to do the same.

Labour organizing in the service industry has been traditionally low for both ideological and economic reasons, said a professor of labour and employment law at York University.

THE CANADIAN PRESS

KTV UNTIL 2.30 AM
Brothers Restaurant
DIM SUM $3.75 All day until 1:30 AM
DINING HOURS
Monday to Friday • 11 AM to 9:30 PM • Closed Thursday
Sat & Sunday • 10:30 AM to 9:30 PM
Take Out & Delivery Available • Licenced
325 Avenue C South • 306.649.8888

After the gold rush

Push for precious elements for tech products takes hold

Across the American West, early miners digging for gold, silver and copper had no idea that one day something else very valuable would be buried in the piles of dirt and rocks they tossed aside.

There's a rush in the U.S. to find key components of cellphones, televisions, weapons systems, wind turbines, MRI machines and the regenerative brakes in hybrid cars, and old mine tailings piles just might be the answer. They may contain a group of versatile minerals the periodic table called rare earth elements.

The USGS and Department of Energy are on a nationwide scramble for deposits of the elements that make magnets lighter, bring balanced hues to fluorescent lighting and colour to the touch screens of smartphones in order to break the Chinese stranglehold on those supplies.

THE ASSOCIATED PRESS

ROGERS™ authorized dealer

REGINA

Teleco

864 Victoria Ave. E

(306) 352-6600

Teleco

1501 Albert St.

(306) 525-5000

North Gate Mall

(306) 949-5395

Southland Mall

(306) 949-5397

SASKATOON

AirSource

718 Circle Dr. E

(306) 955-2355

AirSource

2002 8th St. E

(306) 955-2357

AirSource

Centre at Circle and 8th

(306) 955-1955

AirSource

Midtown Plaza

(306) 955-5799

AirSource

Confederation Mall

(306) 955-4399

HURRY! OFFER ENDS JULY 31st

Vacation Checklist:

- ☑ 1 NEW SAMSUNG SMARTPHONE
- ☑ 1 WEEK OF FREE U.S. ROAMING INTERNET
  up to 350 MB

SAMSUNG ACE II X™

SAMSUNG GALAXY S4™

SAMSUNG GALAXY S3™

SWITCH TO ANY NEW SAMSUNG SMARTPHONE AND GET UP TO A WEEK OF FREE U.S. ROAMING INTERNET*

UP TO 350 MB ON SELECT 2 or 3-YR. PLANS

CALL 1 888 ROGERS1 CLICK rogers.com/RoamingOffer VISIT your local Rogers retail store

ROGERS™

ROGERS™ authorized dealer · WIRELESSWAVE · WIRELESS etc... · FUTURE SHOP · Tbooth wireless · BEST BUY · THE MOBILE SHOP · LONDON DRUGS

*Available to new or existing Rogers customers with purchase of a Samsung device and new activation on any 2- or 3-yr. Talk, Text & Internet plan between July 5-31/13. Rates/offer not transferable, not redeemable for cash and may not be combined with any other offer. Subject to change without notice. Roaming Internet available for use while in the US (including Puerto Rico and US Virgin Islands). Roaming internet must be activated within 60 days of it being added to customer's account (activated with first byte of usage and continues for 7 consecutive days or use of 350 MB whichever is sooner). If usage exceeds 350 MB within the 7-day period, additional pay-per-use charges will apply; visit rogers.com/roaming for rates. Usage subject to Rogers Terms of Service and Acceptable Use Policy. ©2013 Rogers Communications

INDIGENOUS, NOT HOMOGENEOUS

URBAN COMPASS

Hilary Nelson
regina@metronews.ca

Much has been made over the scheduling of two meetings this past week.

Detractors have enjoyed describing it as an example of the typical schism in governance and an example of why anything less than a unified front at all times can be interpreted as failure.

I'm not talking about Ottawa, however. I'm talking about the concurrent meetings of the Assembly of First Nations (AFN) in Whitehorse and the National Treaty Gathering in Onion Lake. And it's not much of a schism, as schisms go.

In fact, the AFN supports the treaty gatherings. As a federally funded advocacy organization, negotiation of individual treaties is not part of the AFN's mandate, although it supports efforts to do so. Treaties are a covenant in perpetuity, and must be negotiated with the federal government on a nation-to-nation basis.

I do want to acknowledge that there is frustration with the glacial machinations of the AFN. This is the nature of all bureaucracies, but it's not my position to say what should happen next, or that we should discard all that the AFN has accomplished.

Expecting indigenous peoples to act as a monolith, however, is ignorant and, oh, so 20th century. In Saskatchewan alone, we have 70 First Nations under six treaties, comprising the Nêhiyawak, Nahkawininiwak, Nakota, Dakota and Lakota, and Denesuline tribes. I live in Saskatoon — we can hardly get the disparate neighbourhoods to agree on priorities for the city, as a recent spat over cellphone towers shows.

Indigenous people are faced with a slate of past and ongoing indignities from the federal government, not least of which is the recent revelation about "nutritional experiments" done on starving and malnourished First Nations people in the middle of the 20th century.

The Harper government has responded with a statement that the "experiments" were covered under an apology offered in 2008, implying that First Nations peoples should just move on and get over the past.

Moving on I can agree with. Getting over the past benefits only the feds. Coupled with the refusal of the federal government to comply with and issue all documents to the Truth and Reconciliation Commission, it's no wonder we are seeing more indigenous groups, along with descendants of settlers and immigrants, organize and demand comprehensive acknowledgement of their rights and the government's responsibilities.

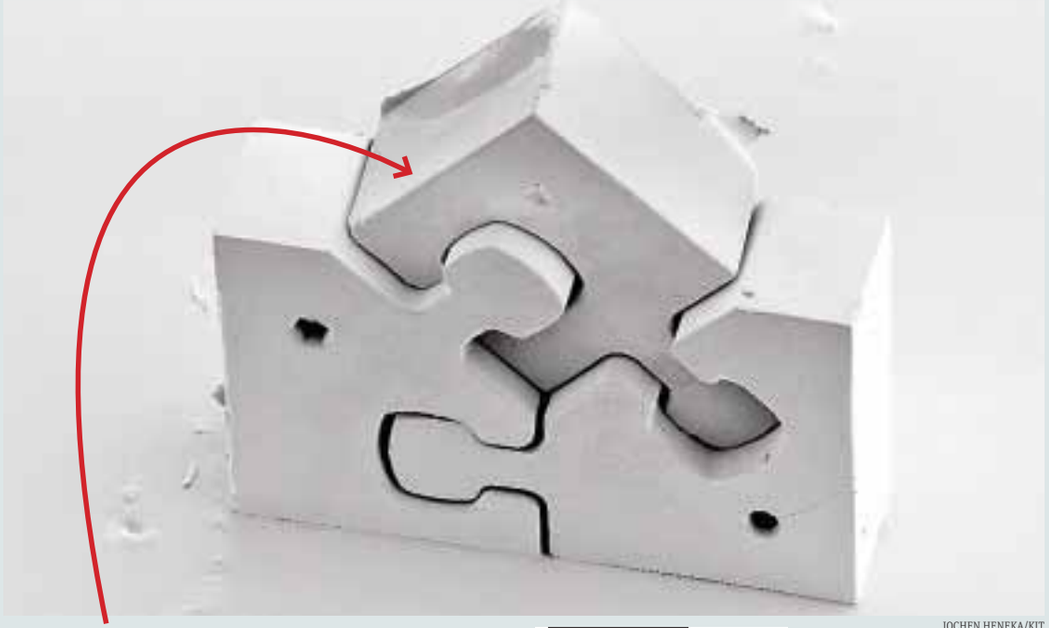
"Infighting" and "schisms" are not signs of weakness but of strength. We must recognize these efforts at undermining and ask who benefits.

One thing we can all agree on is the need for government to be responsible and accountable to its people, not to itself. Apathy and disengagement, fuelled by negative stereotypes, serve only to consolidate the power of those at the top.

As immigrants and descendants of settlers, it behooves us as parties to the treaties to co-operate and to listen. The Indian Act was used as inspiration for policies of apartheid in South Africa. Now we have a second chance to craft agreements that can serve as models worldwide for issues of sovereignty. How we negotiate these next opportunities will determine the future of Canada. I'm tired of setting a bad example.

ZOOM

We're left puzzled by its size



JOCHEN HENEKA/KIT

Jigsaw puzzle is world's smallest

This may not look like the most difficult puzzle to put together but you'll need a good magnifying glass and a steady hand to complete it.

This three-piece jigsaw — created by researchers at the Karlsruhe Institute of Technology in Germany — is the world's smallest puzzle, with each of the parts measuring less than one millimetre in size.

This puzzle was made to showcase a new process of making injection-moulds (used in everything from watches to jet engine parts). The technique enables engineers to "pop out" moulded objects as tiny as a half a millimetre in volume.

METRO

Other 3D feats

- In March 2012, researchers at the Vienna University of Technology created a 3D car in 240 seconds. The car's length was 1/1,000 — the width of a human hair.
- In May 2013, scientists made microscopic flower-like crystals — each flower smaller than the thickness of a bank note.

It's cost-cutting

Because it lacks a substrate layer, which would go to waste after the objects are made, this method is cheaper.

"LIGA2.X ensures higher degrees of freedom in the arrangement of structured mould nests," said Jochen Heneka of KIT's Institute of Microstructure Technology.

METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's plenty of us who use our mobile devices as our primary music players. If that mobile device happens to be a smartphone, then why not take these apps for a spin to introduce you to new sounds while you're at it?

Mixcloud

A Soundcloud competitor that takes direct aim at fans of electronic music, especially DJs who want to upload and share their own mixes. They've had some pretty lousy apps in the past but the newest version is a welcome overhaul. Or skip the app entirely and stream straight from the mobile site. (iOS, Android/Free)

Pocket Hipster

Set two music snobs loose upon your music library, just not with the intention of mocking your vanilla taste. Instead, the Pocket Hipsters are interested only in turning you on to new excellent bands that you may like based on your tastes. Or you can not listen to their suggestions. Whatever. Not like they care. (iOS/Free)

Audyssey Media Player

Now that your library is stocked up, use Audyssey to polish them to a shine. This fantastic app comes preloaded with optimum EQ settings for more than 200 headphones models, allowing listeners to squeeze as much sound quality as their cans will allow. It might seem a little fussy, but, trust us, it works beautifully. (iOS/$0.99)

Comments

RE: Cory Monteith's Cousin Talks Funeral Plans, Drugs, And Lea Michele, published online July 20

This guy seems like a fake or a family outsider who barely knew Cory.

His use of "reincarnated" and "horrified" don't even make sense...

It's obvious he only knows what's already been reported in the media and the family hasn't asked him to speak for them. So again, he sounds like a fool.

MPSmith posted to metronews.ca

He's no more a family spokesman for the Monteith family than I am. He is trying to make a career out of this tragedy. Please, no more press for this guy.

Dak1928 posted to metronews.ca

He threw it all away for drugs.

Snail posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: saskatoonletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Saskatoon** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Barry Paton • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO SASKATOON** • #100, 728 Spadina Crescent East Saskatoon, Sask. S7K 4H7 • **Telephone:** 306-649-2025 • **Toll free:** 1-877-895-7193 • **Fax:** 1-888-895-6931 • **Advertising:** adinfosaskatoon@metronews.ca • **Distribution:** saskatoon_distribution@metronews.ca • **News tips:** saskatoon@metronews.ca • **Letters to the Editor:** saskatoonletters@metronews.ca

Fresh faces at fest

Jim Rash a Comic-Con newbie

Jim Rash, co-star of TV's Community and co-writer/co-director of the Way, Way Back, seems like a natural fit for San Diego Comic-Con, but he's actually something of a Comic-Con newbie. "I'm a virgin — in a lot of ways," he says with a laugh.

"This is only my second year going, and my first year was just a short, very quick trip where it was the Community panel, a press day and then we got out of here," he says. "This is my first year I'm going to walk on the floor, so I feel like I can't speak to it too much because I'll be a virgin."

NED EHRBAR, MWN

Jim Rash, centre, with EW editor-in-chief Jess Cagle and Breaking Bad creator Vince Gilligan, at San Diego Comic-Con 2013. HANDOUT

Super sequel?

Superman, Batman join forces

Director Zack Snyder and Warner Bros. surprised the San Diego Comic-Con audience with some very big news at their Hall H panel presentation Saturday. In the sequel to Man of Steel, scheduled for release in the summer of 2015, Henry Cavill's Superman will be joined on-screen by Batman, Snyder announced. Cavill will return for the sequel, along with Amy Adams, Laurence Fishburne and Diane Lane, but the role of Batman — most recently played by Christian Bale — has yet to be cast. Christopher Nolan will once again serve as producer.

NED EHRBAR, MWN

Dane is living the dream

The Amazing Spider-Man 2. Dane DeHaan is the next Harry Osborn, taking the torch from James Franco. Here's what he has to say

NED EHRBAR
Metro World News in Hollywood

Dane DeHaan plays Harry Osborn in The Amazing Spider-Man 2. HANDOUT

Dane DeHaan made waves with the Comic-Con crowd as an antihero in Chronicle, and now he's upping his superhero game with the Amazing Spider-Man 2, out next year, in which he plays Harry Osborn — most recently portrayed by James Franco. So we had to ask if there were any other Franco roles he had in mind.

How has your Comic-Con experience been?
I shot a night shoot last night, got here at 8:30 in the morning, did some press with Metallica, and now here I am doing press for Spider-Man, so just another day (laughs). It's insane. The fact that I'm at Comic-Con doing press for Spider-Man is really, I don't know. I mean, certainly a dream come true, and if I try to think about it (it's) definitely an overwhelming thought. So I guess I'm just trying not to think about it.

How do you keep everything straight when you're working on so little sleep?
I only think about things as they're happening, I suppose. I don't try to get ahead of myself. I mean, I'm only technically working on one movie right now, and then I just have to talk about the other ones. I mean, once they're over I can talk about them. That's not really a problem.

For the Amazing Spider-Man 2, you're playing a part most recently played by James Franco. Are there any other James Franco roles you'd like to reinterpret?
Other James Franco roles? Gosh, there's just so many of them. I would like to host the Oscars. Does that count? I'd do a whole new thing. I don't know, maybe it would be fun to take a crack at James Dean — although really it would be terrifying. What other roles has he played that I want to play?

How about Spring Breakers?
I don't know. I think I'll let him have that one.

127 Hours?
Yeah, sure. Something like that. That would be fun.

Box office

The Conjuring scares up big ticket sales

Moviegoers were ready for a fright this weekend, sending The Conjuring into first place at the box office. According to studio estimates Sunday, the Warner Bros. haunted-house horror debuted with $41.5 million in domestic ticket sales, unseating the three-week champ, Despicable Me 2. The Universal film dropped to second place with $25 million. Fox's new animated offering, Turbo, opened with $21.5 million, good for third place. The Sony comedy Grown Ups 2 held onto fourth place in its second week of release, earning $20 million. Summit Entertainment's Red 2, which stars Bruce Willis and Helen Mirren as retired CIA operatives, debuted in fifth place with $18.5 million. The weekend's other new big release, the Jeff Bridges-Ryan Reynolds caper R.I.P.D., opened with a disappointing $12.76 million.

THE ASSOCIATED PRESS

Pegg's at war with himself over 'Star' franchises

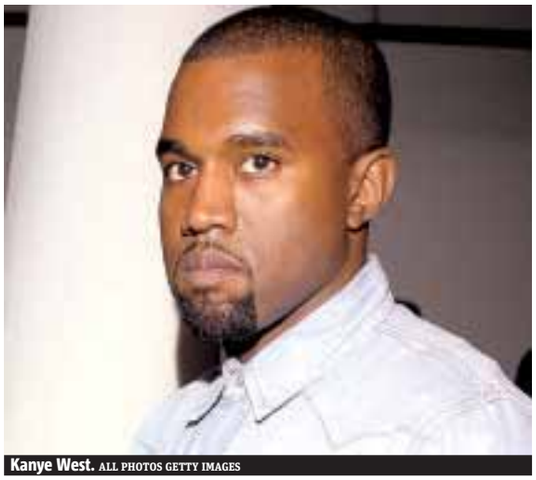
Simon Pegg. HANDOUT

Much like Tim, the comic book geek he played on his British comedy series Spaced, Simon Pegg was clearly less than thrilled by the Star Wars prequels. Now that the franchise is being revived by his Star Trek boss, J.J. Abrams, Pegg admits he's feeling a bit conflicted.

"I had mixed emotions when I found out that J.J. was doing Star Wars," he tells us while promoting the World's End at San Diego Comic-Con. "My first thought was, 'Oh no, Dad's had another baby. It's like we're not the cute kid anymore, he's going to be playing with the baby now.' And then secondly I was like, 'Geez, it's going to be good. I'm going to have to like it again now.' I'd just gotten used to being OK with hating Star Wars, and now it's like, 'Oh no, I'm going to have to like it again!'"

As for his work with Abrams on that other science fiction franchise, Pegg has some interesting ideas about what adventures his character, Scotty, could have in a third Star Trek film — and co-star Zachary Quinto, who plays Spock, better watch his back.

More than anything, Pegg wants Scotty to "make out with Uhura," played by Zoe Saldana. "I'd like one of those arena-style fights with Spock, get a big kiss off Zoe. But inevitably, Zach would beat the s— out of me, as a lowly Scottish engineer," he says with a laugh. MWN



Kanye West. ALL PHOTOS GETTY IMAGES

Kanye has no love for the paparazzi

Kanye West's ongoing tensions with paparazzi boiled over this weekend when the rapper came to blows with a photographer outside of the LAX airport, according to TMZ.

It's unclear what spurred the altercation, but sources say West went after the "especially aggressive" photographer and tried to take away his camera, pulling him to the ground. West was no longer on the scene when police arrived. The photographer was taken to a local hospital to undergo X-rays on his hip, which he claimed he injured in the fight.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Spit take: Justin Bieber did something awful again

STARGAZING
Malene Arpe
scene@metronews.ca

Loblaw buys Shopper's Drug-mart. I really cannot decide if I'm more excited about President's Choice Black Label Tuscan Wart Remover or Life Brand Three-Cheese Mouthwash.

The band **Korn** is growing, yes, corn using a hydroponics system at their studio. "Hmmm..." says Meatloaf to himself and nods.

Justin Bieber allegedly spits in some DJ's face. Everyone should just calm right down. Clearly what happened is that Justin mistook the guy for a spittoon that a minimum-wage earner will be along to deal with later.

Rumour has it that **Kristen Stewart** is now dating **Michael Pitt**. It sounds like the perfect match. They both enjoy music, old movies and sneering.

Lindsay Lohan will earn some $2 million for an eight-part reality series on **Oprah**'s OWN. Not only that, but Lindsay will also get a stylist and two assistants. The money is in the bank. The stylist and two assistants will be on their way just as soon as someone loses the Play For A Chance Not To Be **Lindsay Lohan**'s Stylist and Two Assistants game.

Kanye West's new fashion line for A.P.C. features a $125 plain white T-shirt. "That's so cute. For an amateur," says **Gwyneth Paltrow** and goes back to the promotional material for her upcoming $70-tube sock collection.

Jesse Tyler Ferguson

Keeping that family modern

Modern Family star Jesse Tyler Ferguson married boyfriend Justin Mikita in New York City this weekend, tying the knot in front of 200 friends and family, according to Us Weekly.

Guests included Ferguson's co-stars Julie Bowen, Ty Burrell and Eric Stonestreet as well as Zachary Quinto, Rebecca Romijn and Padma Lakshmi, among others.

Ferguson and Mikita have been dating each other two years.

Mother and sun

Protect yourself from being too hot a "hot mama"

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Summer travel means summer sun, and while moms are diligent about slathering their kids with sunscreen, plopping sunhats on their heads and wrestling shirts onto them, they need to remember a sunburn for themselves is just as harmful. At a minimum, sun damage causes wrinkles and sunspots. At worst, it can cause skin cancer.

Sunscreen is a must, even if you don't normally burn. Choose an appropriate SPF level and make sure it's waterproof if you plan on being in the water. Experts suggest you need about two tablespoons for full coverage, and you should reapply frequently.

Hats not only protect from sunburns, but also against heatstroke. Or, stay out of the sun completely by using a big umbrella to avoid being a real "hot mama."

Moms are diligent about protecting kids from the sun, but what about themselves? ISTOCK

Online

Motherhood has turned Mommy into the Worst Friend in the World. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.

Sing a little prayer for you: How a simple song could help preemies

Music therapy. Studies suggest the vibrations, soothing rhythms might benefit newborns who are too fragile to be comforted by hand

Study

Joanne Loewy led a study published last month in the journal Pediatrics. Therapists in the study played small drums to mimic womb sounds and timed the rhythm to match the infants' heartbeats.

- The music appeared to slow the infants' heartbeats, calm their breathing and improve sucking and sleeping, Loewy said.

Music therapist Elizabeth Klinger quietly plays guitar and sings for Augustin as he grips the hand of his mother, Lucy Morales, in the newborn intensive care unit at Ann & Robert H. Lurie Children's Hospital in Chicago. M. SPENCER GREEN/THE ASSOCIATED PRESS

As the guitarist strums and sings a lullaby in Spanish, Augustin Morales stops squirming in his crib and closes his eyes.

This is therapy in a newborn intensive care unit, and research suggests that music may help those born way too soon adapt to life outside the womb.

Some preemies are too small and fragile to be held and comforted by human touch, and many are often fussy and show other signs of stress. Other complications include immature lungs, eye disease, problems with sucking and sleeping difficulties.

Recent studies and reports suggest the vibrations and soothing rhythms of music, especially performed live in the hospital, might benefit preemies and other sick babies.

Many insurers won't pay for music therapy because of doubts that it results in any lasting medical improvement. Some doctors say music works best at relieving babies' stress and helping parents bond with infants too sick to go home.

But amid beeping monitors, IV poles and breathing tubes in infants' rooms at Chicago's Ann & Robert H. Lurie Children's Hospital, music therapist Elizabeth Klinger provides a soothing contrast that even the tiniest babies seem to notice.

"What music therapy can uniquely provide is that passive listening experience that just encourages relaxation for the patient, encourages participation by the family," Klinger said after a recent session in Augustin's hospital room.

The baby's parents, Lucy Morales and Alejandro Moran, stood at the crib and whispered lovingly to their son as Klinger played lullabies.

"The music relaxes him; it makes him feel more calm," Morales said. "Sometimes it makes us cry."

More than two dozen U.S. hospitals offer music therapy in their newborn intensive care units and its popularity is growing, said Joanne Loewy, who directs a music and medicine program at Beth Israel Medical Center in New York.

Preemies' music therapy was even featured on a recent episode of American Idol, when show finalist Kree Harrison watched a therapist working with a tiny baby at Children's Hospital Los Angeles.

"Music is such a huge part of our lives and to do something like this, make it a sort of healing process, is a cool thing," Harrison said.

THE ASSOCIATED PRESS

Gelatin: not just for snack time anymore

A negative image, left, and a positive is shown. KRISTEN SUTCLIFFE/NEW HOUSE PROJECT/THE ASSOCIATED PRESS

One crafting idea that may amaze kids of all ages is gelatin printing. This low-tech craft uses: a pan of gelatin, ink, paper, an ink brayer and a collection of leaves. That's it.

1. In a large pot, bring 5 cups of water to boil, then whisk in gelatin, one packet at a time, avoiding clumps. Pour mixture onto baking sheet and allow to cool and set.

2. To print, pour a small amount of ink onto the plate; use the brayer to fully cover the gelatin with ink. Place leaves on the ink-covered gelatin. Place your paper or fabric on top; rub.

3. Remove the paper or fabric: This is your first print.

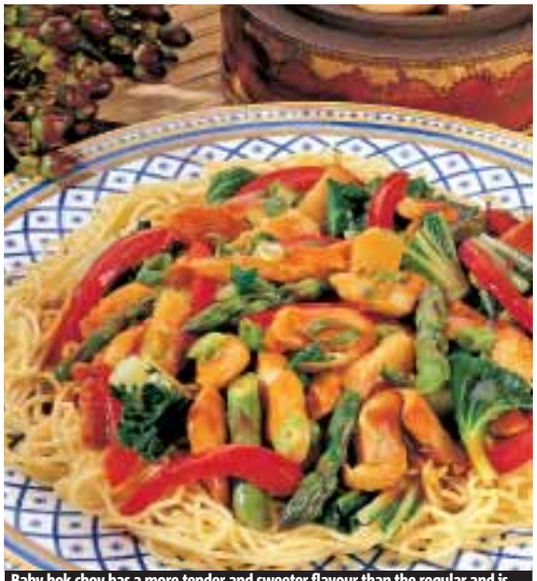
4. Carefully remove leaves from the baking sheet and place a new piece of paper or fabric over the ink and rub; remove. This provides the positive print.

5. Re-ink the gelatin to make additional positive and negative prints. THE ASSOCIATED PRESS

Ingredients

- 5 cups water
- 8 1/4-ounce packet gelatin
- 9x13-in baking sheet w/ edges
- Printing ink
- Paper plate
- Printmaking brayer
- Assorted leaves
- Paper or fabric

Chicken and asparagus can help cause a stir-fry at dinner



Baby bok choy has a more tender and sweeter flavour than the regular and is readily available. MARK SHAPIRO/ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

A stir-fry is a quick one-pot dish. Serve it alongside some rice and you have the perfect meal.

Ingredients

- 3/4 cup chicken stock
- 3 tbsp oyster sauce
- 1 1/2 tbsp rice wine vinegar
- 2 tbsp honey
- 1 tbsp soya sauce
- 1 tbsp cornstarch
- 1 1/2 tsp minced garlic
- 1 1/2 tsp minced ginger
- 12 oz skinless, boneless chicken breast, cut in thin strips
- 2 tsp vegetable oil
- 2 cups asparagus cut into 1-inch pieces
- 1 cup sliced red peppers
- 4 cups sliced baby bok choy
- 1 cup water chestnuts
- 1/2 cup chopped green onions

1. In bowl, whisk together stock, oyster sauce, vinegar, honey, soya sauce, cornstarch, garlic and ginger; set aside.

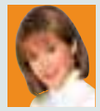
2. In a nonstick skillet or wok sprayed with vegetable spray, stir-fry chicken strips for 3 to 4 minutes, stirring constantly, or until just cooked at centre. Remove chicken from skillet.

3. Heat oil in skillet over high heat. Add asparagus and red pepper strips and stir-fry for 3 minutes, stirring constantly, or until tender-crisp. Add bok choy and water chestnuts and stir-fry for 1 minute or until bok choy wilts. Stir sauce again and add to wok along with chicken strips. Cook for 2 minutes or until thickened slightly. Garnish with green onions.

ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Pop-in-your-mouth snacks can be quite satisfying. What isn't is the amount of calories, fat and sodium in certain favourites.

Equivalent

Four M&M Mozzarella sticks are equivalent in fat to 1 3/4 packages of Chef George's pâté.

4 M&M mozzarella sticks

340 calories / 20 g fat / 920 mg sodium

Why take natural foods like cheese and bread and fry them? You're adding extra calories, fat and sodium to a perfectly healthy food.

3 M&M four-cheese bite-size pizzas

160 calories / 7 g fat / 370 mg sodium

You'll find the bite-size pizzas more filling, and you'll save more than half the calories, fat and sodium.

SALES REPRESENTATIVE

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback. Metro offers a comprehensive compensation and benefit package.

Metro Saskatoon is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:

- Manage and grow an assigned retail sales territory
- Design advertising programs to reflect the clients' objectives
- New Business Development
- Creatively negotiate rates
- Sell a portfolio of Metro branded products

REQUIREMENTS OF THE POSITION:

- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 31, 2013.
PLEASE QUOTE: "Sales Representative - Saskatoon" in the subject line.
All submissions will be treated as confidential.

metro

Found in translation: Working your way through the world of words

It's not all talk.
Becoming a translator takes more than a day spent with your dictionary

YLVA
VAN BUUREN
CareerBear.com

The words "translator" and "interpreter" are often used interchangeably — but they are actually two distinct careers requiring different skill sets and training. A translator translates written materials from one language into another. An interpreter works with the spoken word.

A translator doesn't simply change one word for the same word in a different language. Translators need to have exceptional writing skills, translating the mood, style, tone and attitude of the original document so the new work doesn't sound like a translation.

What does a translator's day consist of?

While much of the translation work done in Canada is from English into French and vice versa, the field is growing. Service Canada projected that until 2018 about 30 per cent of job openings for translators will come from the expansion of languages spoken here. ISTOCK

For the most part, you translate written material, which can include reports, emails, web copy, advertising materials, brochures, legal and business documents, literary works, textbooks, instructional guides and technical manuals. You are also reading, writing and referencing language guides, proofreading, and communicating with clients and colleagues.

Many translators have a B.A. in translation from a university. If you want to practise under the official title of Certified Translator, you must pass an exam from a provincial brand of the Canadian Translators, Terminologies and Interpreters Council.

CAREER BEAR IS CANADA'S PREMIER SOURCE FOR PEOPLE WHO WANT A NEW CAREER BUT AREN'T SURE WHERE TO START. VISITORS TO THE WEBSITE CAN BROWSE CAREERS BY INDUSTRY, SALARY, OUTLOOK OR ALPHABETICAL LISTING AND FIND JOB PROFILES, QUICK CAREER FACTS AND TRAINING PROGRAMS NEAR THEM.

What will I be?

Career opportunities

- Employee at translation agency
- Translator for a company or non-profit organization
- Author's translator
- Government translator
- Self-employed

Face the facts

- **SALARY EXPECTATIONS:** Average salary, $50k.
- **CAREER TRACKING:** Translators may start their careers doing casual work for small companies. But as they acquire expertise and skills, they will most likely be hired as a full-time translator. Eventually they may start their own translation business.
- **SUCCESSFUL TRANSLATORS ARE:** Curious, detail oriented, self-directed, language aficionados, good researchers, specialists in specific areas of translation

Mind your body and your business

All work, no walk, makes Jack a sick boy.
Don't forget to pencil wellness into your working day

Even if you eat well and exercise regularly, sitting at a desk for eight hours a day can negatively impact your health. According to Sherry Torkos, pharmacist and author of The Canadian Encyclopedia of Natural Medicine, there are a few simple ways you can stay healthy at your desk job.

Rest your eyes
Staring at a computer screen all day can cause regular users to experience vision problems.

Blinking frequently and giving your eyes the chance to regularly focus on something more distant can reduce eyestrain. Setting a timer to remind you to look away from the screen every 20 minutes will help relax your eyes and reduce fatigue.

If you can't seem to get your point across via email, take the opportunity to meet a client outside of the office. Not only will it improve communication, it will give you the boost to get off your behind. ISTOCK

Talk in person
Telephone calls, emails and other technological tools improve time management, but they can also contribute to an unhealthy office environment. Take opportunities to walk to a co-worker's office and talk face-to-face instead of sending an email or picking up the phone.

Having walking meetings can also be a useful way to boost energy and alertness. This allows employees to get up, stretch their legs and reduce the negative impact of sitting at a desk without effecting productivity.

Stand up for phone calls
If you do have to use the phone, stand up anytime you make or receive a call. This will give you the opportunity to stretch your legs several times a day and will become a habit helping you to lower the harmful effects of being inactive. Standing for phone calls will also generate energy in your body and your voice.

NEWS CANADA

Quench that thirst!

Hydration in an office setting is often overlooked.

- Your body requires a lot of water, even if you're sitting. Having a 1.5 L bottle of Nestle Pure Life will help you curb the afternoon slump and allow you to gauge how much water you've consumed throughout the day.

TRAIN FOR EXCITING CAREER OPPORTUNITIES
EDUCATIONAL ASSISTANT DIPLOMA NOW BEING OFFERED!
Do you have a passion for supporting children and to nurture learning? Prepare for a career in:

• Traditional classrooms
• Early childhood centres
• Community centres
• Youth centres
• Before & after programs

INTERIOR DECORATOR
LEGAL ASSISTANT
POLICE SCIENCES
TRAVEL COUNSELLOR
Your Diploma in One Year or Less!
Contact Our Education Specialist Today to Learn More!
UNIVERSAL CAREER COLLEGE
www.uccsaskatoon.ca
1202A Quebec Avenue • 306-373-8700
admissions@shaw.ca

Phil Mickelson reacts after making a birdie putt to finish the final round of the British Open with a 5-under 66, Sunday, in Gullane, Scotland. The lefty won the championship by three strokes. ANDY LYONS/GETTY IMAGES

Lefty laughs last

British Open.
Mickelson rallies late in final round to capture Claret Jug

Quoted

"I've always tried to go out and get it. I don't want anybody to hand it to me. I want to go out and get it. And today, I did." Phil Mickelson

One of the greatest final rounds in a major. Two of the best shots he ever struck with a 3-wood. The third leg of the Grand Slam.

Phil Mickelson never imagined any of this happening at the British Open.

No wonder he never took his hand off the base of that silver Claret Jug as he talked about the best Sunday he ever had at a major. Five shots out of the lead, Mickelson blew past Tiger Woods, caught up to Lee Westwood and Masters champion Adam Scott, and won golf's oldest championship with the lowest final round in his 80 majors.

With four birdies over the last six holes, Mickelson closed with a 5-under 66 for a three-shot win over Henrik Stenson.

No longer is he mystified by links golf, and he has his name etched in that jug to prove it.

"This is such an accomplishment for me because I just never knew if I'd be able to develop the game to play links golf effectively," Mickelson said. "To play the best round arguably of my career, to putt better than I've ever putted, to shoot the round of my life ... it feels amazing to win the claret jug."

Westwood, who started the day with a two-shot lead, fell behind for the first time all day with a bogey on the par-3 13th hole and never recovered, closing with a 75.

Scott took the outright lead with a four-foot birdie on the 11th, and then made four straight bogeys starting at the 13th, and a final bogey on the 18th gave him a 72.

Woods, in his best position to win a major since the crisis in his personal life, stumbled badly on his way to a 74 and was never a serious challenger.

Tied for the lead, Mickelson smashed a 3-wood onto the green at the par-5 17th to about 25 feet for a two-putt birdie, and finished in style with a 10-foot birdie putt on the 18th to match the lowest score of this championship.

Graham DeLaet, of Weyburn, Sask., and the lone Canadian at the Open, shot a 79 in his final round to finish 83rd.

THE ASSOCIATED PRESS

Cycling

Froome caps dominating Tour

Chris Froome won the 100th Tour de France on Sunday, having dominated rivals over three weeks on the road and adroitly dealt with doping suspicions off it.

Froome rode into Paris in style — in the canary yellow race leader's jersey he took on Stage 8 in the Pyrenees and never relinquished, vigorously fending off rivals whose concerted challenges turned this Tour into a thriller. Froome and his Sky teammates linked arms as they rode for the line.

As per tradition and because Froome's big race lead made him untouchable, Sunday's 133-kilometre final ride was largely a leisurely affair with riders pedalling up to Froome to offer congratulations.

THE ASSOCIATED PRESS

MLB

A-Rod to have MRI on injured quad

The Yankees say Alex Rodriguez is expected to have an MRI on his injured left quadriceps at a New York hospital on Sunday.

Rodriguez played designated hitter on Saturday in a minor-league game after feeling tightness in the thigh muscle. He has been rehabbing from surgery in January on his left hip.

The third baseman reached his 20-day rehab limit on Sunday. If the Yankees don't activate him, Rodriguez will have to go back on the DL.

THE ASSOCIATED PRESS

Rays good on aim with Jays and dustpan

Luke Scott of the Rays beats the tag of the Jays' Jose Reyes to steal second base on Sunday in Toronto. The Rays won 4-3. TOM SZCZERBOWSKI/GETTY IMAGES

Luke Scott and Kelly Johnson hit back-to-back home runs Sunday as the Tampa Bay Rays again used the long ball to complete a three-game sweep of the Toronto Blue Jays with a 4-3 victory.

Evan Longoria also went deep for the Rays (58-41), who hit seven home runs in the weekend series.

Toronto scored two in the ninth to cut Tampa Bay's lead to one when Jose Reyes doubled home Josh Thole and Brett Lawrie, but Rays closer Fernando Rodney struck out Jose Bautista and got ground balls from Edwin Encarnacion and Melky Cabrera to pick up his 24th save.

Getting to the next level

Carlos Delgado was inducted into the Blue Jays' Level of Excellence at Rogers Centre prior to Sunday's game.

- He is the franchise leader in a number of offensive categories including home runs (336) and RBIs (1,058).

Rays starter Chris Archer (5-3) had a stellar outing for Tampa Bay, giving up one run on five hits over seven innings. The 23-year-old right-hander also walked four and struck out one batter for the Rays, who have now won five straight games, 13 of their last 14 and 17 of 19 to climb into second place in the AL East. R.A. Dickey (8-11) gave up four runs on seven hits while striking out eight over six innings of work for the Blue Jays (45-52), whose losing streak now sits at four games.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
The more people you meet in the world at large this week the better your chances of success will be.

♉ Taurus
April 21 - May 21
Because there is a full moon at one of the more sensitive points of your chart you will be more emotional than usual.

♊ Gemini
May 22 - June 21
You may not agree with some of the opinions you hear over the next 24 hours but you need to remember that everyone is entitled to their say. If you make an effort to listen you may even learn something interesting.

♋ Cancer
June 22 - July 23
You are in one of your more impulsive moods and today's full moon will encourage you to spend, spend, spend.

♌ Leo
July 24 - Aug. 23
You would never let another person dictate to you what you can and cannot do with your life, so don't try to dictate to them. The message of the stars today is Live and Let Live. Then everyone will be happy.

♍ Virgo
Aug. 24 - Sept. 23
Don't allow yourself to be talked into doing something you don't feel like doing. You are happy to help others out, of course, but if you have any kind of doubts you must act on what your intuition tells you.

♎ Libra
Sept. 24 - Oct. 23
Handle affairs of the heart with care today because the full moon makes everyone a bit more sensitive than usual. If you say or do something a loved one thinks is needlessly harsh it could sour your relationship.

♏ Scorpio
Oct. 24 - Nov. 22
Someone is determined to make a drama out of a crisis and the more you try to persuade them there is nothing to worry about the more emotional they will get.

♐ Sagittarius
Nov. 23 - Dec. 21
Enjoy life by all means but don't overdo it. You could get quite excitable over the next 24 hours and who knows where that might lead!

♑ Capricorn
Dec. 22 - Jan. 20
You may be cautious by nature but you will nevertheless be tempted to spend big today – and chances are you will regret it. The safest place for your cash and your credit cards is in a locked wallet.

♒ Aquarius
Jan. 21 - Feb. 19
You may be tempted to say and do things for their shock value alone. It's fun, of course, but what of the costs?

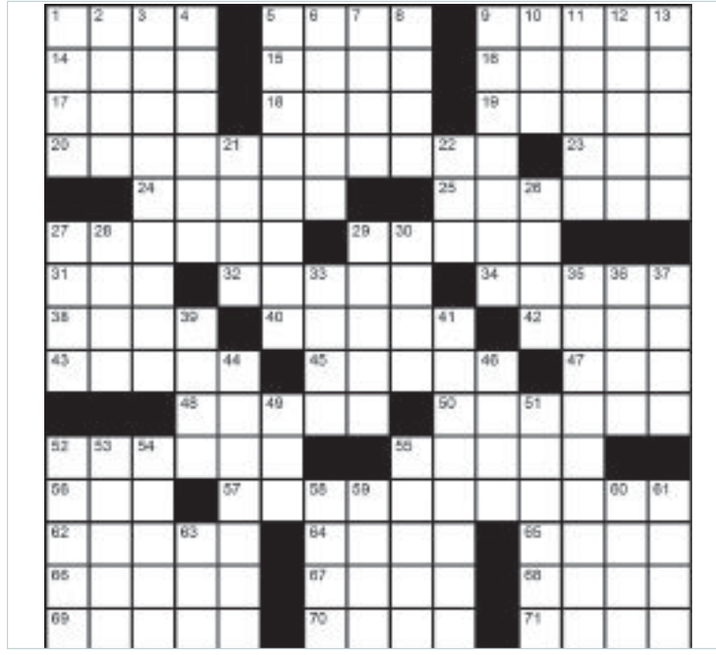
♓ Pisces
Feb. 20 - March 20
You know that something is going on but you can't work out what it is. Don't worry: ignorance is bliss. The less informed you are the more honestly you can claim that you are not to blame for the consequences.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



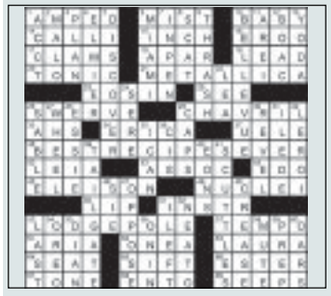
Across

1. Family members, for short
5. Men's cologne brand
9. Rideau __
14. Miss
15. Taken-back vehicle
16. Psychedelic psychologist Timothy
17. Roman love god
18. Capital of Samoa
19. "It's _ __!" (There's meaning)
20. 1986 Bangles hit: 2 wds.
23. Maria Trapp connector
24. Go with the flow
25. Pressure
27. Mr. De Niro
29. Lake __ (American resort)
31. Mr. Philips of stand-up
32. Cherished
34. Janet Jackson hit
38. Irish songstress
40. Google mobile device brand
42. Cookies company
43. Whitney Houston's "__ We Almost Have It All"
45. Illegally lift
47. PBS funding org.
48. Garbs for bagpipers
50. Heavy or sluggish
52. __ Beach, ON
55. Flavourless
56. Classic TV Cousin
57. Manitoba community originally an HBC trading post: 2 wds.
62. Haida __ (Archipelago off BC's coast)
64. "Downton Abbey" role
65. Barge __ __ (Intrude)
66. Undergarments brand
67. Elvis Presley link, variantly
68. Tidy
69. Stuff for Oscar's can
70. Actress, Sherilyn __
71. Cook's li'l quantities

Down

1. Wander
2. Ex-Spice Girl Ms. Bunton
3. Canada's 'First Lady of the Guitar': 2 wds.
4. Footstep
5. 'Flower City' in the Greater Toronto Area
6. Get the plant a new container
7. __ the air (Undecided): 2 wds.
8. It's an amphibian
9. Canadian Music Hall of Famer, David __-Thomas
10. Bronze Roman money
11. Gullible
12. T.O. players
13. Ms. Redgrave's
21. Poet Mr. Sandburg
22. Hair hue, __ blonde
26. Try for a role
27. Oliver of "Oliver!" (1968)
28. Dodge car of yore
29. Communicates via smartphone
30. _ __ (Together, in music)
33. Suit garment
35. SK's Athabasca __ __ Provincial Park
36. Oxygen-giver
37. Bring forth a lamb
39. "Diana" singer Paul
41. Salvation Army, colloquially: 2 wds.
44. Community on PEI's northwestern tip
46. Donnie Iris song: "Ah! __!"
49. Philosopher, __-tzu
51. Sprinkle with holy oil
52. English Channel sight, Isle of __
53. Battling: 2 wds.
54. Ms. Katic, Hamilton-born actress
55. Tycoon
58. Mil. fliers
59. Had on
60. Sudsy stuff
61. Tree-like Tolkien creatures
63. Y-ending word's plural suffix

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

visit metronews.ca

metro

City of Saskatoon Transit Map
To Celebrate 100 years, on July 24th, 2013 the ride is on us!
Enjoy free transit all day.
HAPPY BIRTHDAY
Saskatoon Transit is celebrating 100 years
and you're invited to join in the fun!
JULY 24, 2013
On 23rd Street between 3rd and 4th Avenue
10:00 AM - 2:00 PM
Let's Celebrate!
BBQ Lunch
Entertainment
Giveaways
Games
100 SASKATOON transit 1913-2013
THE FUTURE IS FAST AND CONVENIENT · 100 YEARS OF BUS RIDER PRIDE
CELBRATING OUR HISTORY AND LOOKING FORWARD TO OUR FUTURE